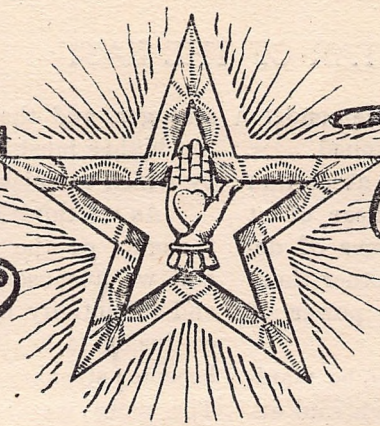


STAR OF THE EAST



A New Thought Journal issued monthly for the help of self and others by the practice of systematical concentration of mind; in Unity with the Universal Soul

VOL. II

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NO. 7

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OBSESSIONS IN VARIOUS FORMS DURING 1907

Stars, suns, moons, and systems in the heavens, Angels, **arch**-Angels, Souls and Spirits are preparing in Unity the great "Melinium" which has been promised by Prophets and Wizards, both in the past and in our time, and each year brings us nearer to the fulfilment of their wise foreborings, and as it is said to be so we will find it to be in every detail because we have seen as far as we have gone that what has been seen by the brothers of the past has come to pass as far as we have been able to follow the Events and for those who have not followed the Events upon them it shall come like a surprise.

This year will be numbered by a sacred number (7.) and we will find that things which has not taken place before will begin to happen this year particularly such as tend to hasten the Evolutions and revolutions within us and in things around us.

The first that we must understand is that we **can**, and **must** govern our selves and conditions by the Will and regulate the thought so that things do not overpower us.

We will be visited this year by **hosts** who will select those who have learned to be willing and ready to devote their powers to the highest use for mankind. The turmoil will be greater this year than it has been in the past, because **finer** and more **intense** power will come upon those who are open to it and they will have experiences which they have not had before. Science, clergy and wealth will find it useless to resist for it is the mandate of God that man must know, and no matter what is placed in our way it must be removed even if it shall be by blood.

"Oh, man, heed my warning," and let not your mind become clouded by the Idea that all is well for when we think it is the calmest the storm is nearest. Darkness has accumulated so that it can not be light without strife. This year is a "temple year" and "mystical" power will be demonstrated as they have not been before.

The power of the soul will be demonstrated

through matter and those who least expect will witness wonderful things.

As No. 6 finishes a period so does No. 7 begin a new, and as a certain round of disturbances in earth has begun and will continue in matter until the seen will have disappeared and unseen become visible so will 1907 make its round in the mind, soul and body of humanity and we should look for all kinds of demonstrations both happy and unhappy.

One demonstration stronger than the other will be that of "obsession" and we will find it in various degrees and in different forms.

Murders, suicides, and also different **ailments** brought about by "Elementals," crimes committed by the influence of the lower souls, etc., and Insanity brought about by their obsession, the race will be more responsive to the lower vibrations than in the past and the soul and body in the weaker persons will be the images of the obsessing power.

Great excitements will be caused by discoveries of gold and wealth, and the masses will almost go into frenzies by the excitements, and it is under these conditions that the lower souls takes possession of the minds and causes the individual to do their bidding.

The different Nations are watching one another and as we know they are preparing for conflict, and it will soon be found that the Throne of Germany and England will tremble.

Fearful upheaval in religious centers and there will be great persecution for many of those who carry the message of liberty to the race. The stars in the heavens will be in fighting attitudes and also the unconscious souls and together they will make their power felt upon earth, but at the same time the Masterhosts will go between this fury and the individual who has learned to live in the higher senses until the struggle is over.

All kinds of peculiar diseases will be observed among the people such as have not been known before, but the power to "cast out such Devils" will also become more known than it has in the past and there will be ample remedy. Wonders of all kinds will be performed and the Gospel of the unfoldment of **man by his own power** will also be preached more true than it has been before in our time.

It will indeed be hard to determine guilt or innocence of those who commit crimes because of this obsessing power being always active and hu-

KINDLY READ THEN
HAND TO A FRIEND

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manity will see that often those whom we condemn are more sinned against than they have sinned.

Children will say and do things at certain times which they would be seared to hear of at other times, and they will show symptoms of derangement of mind some times while at other times they are very bright and demonstrate power of high gifts.

The greatest power of obsession will be manifested in those whom possess fine and high soul expression (unless they are on their guard) or in other words, those who have higher and the greater powers undeveloped they are more sensitive than those whose soul powers in action are more dominant, and they are more exposed to the obsession of the Elementals.

The lower powers are manifested in all kinds of degrees and upon close investigation we will find that we are open to the influence of them all as long as we have not risen to a higher plane where we are above these conditions where they can not reach us.

The race is constantly expressing the thoughts of others, and we see in all departments of life that mankind unconsciously express the will of many other souls both higher and lower.

This year being a year during which great power (in the past unknown) mentally and physically will be set into marvelous activity we will have the opportunity of convincing ourselves that multiple personalities uses one and the same form, and the more we consider this subject the more we will see how important it is that we live in and unfold the higher power which every person and thing possesses.

Diseases, crimes, and all kinds of weaknesses will be expressed through the weakminded more and more clearly and it will be more noticed, and increased during this and following years than before.

Let it be known that such as we call "evil," is power undeveloped but yet from the same Divine source as that which is developed and above the lower planes, and it becomes more noticed because of more activity which by the dictates of evolution must rise higher.

It is impossible to enumerate all the faces of obsession, but it is likewise hard to tell **where** and **who** does not possess **higher power**, higher souls who are the possessors of the expressed Divine power transmits it into the lower and this is the reason why there is a remedy for the above sad conditions as it can "cast out Devils," heal the sick, restore the insane, and make **order** where there is confusion, we know what the Master said, when He spoke of the power by which to restore all this disorder and particularly He said, to His disciples, "greater things than I do ye shall do as I go to my Father." We have looked at "Obsession," we will also view Possession.

There is not only "Evil" in the Elementals, there is also good, as the dual positive and negative acts in all things, Love is where there is hatred, and truth among falsehoods, and this is the reason why there is such confusion. Everything possesses higher virtues but they are not expressed as much as the lower, the law is that the higher is the

stronger, and the lower the weaker, and therefore the higher must become transmitted into the lower by which to quicken it to action.

As we think so we live, and when we have our thoughts on the higher we possess more strength and we unconsciously transmit it into the weaker and its activity becomes stronger and it will cause confusion to begin with but as soon as the weaker becomes stronger there will be order and harmony. The more we learn, the stronger possessors and transmitters we become but as long as we only recognize weakness we are weak and we obsess others by our weakness and they suffer on our account.

The Stars and systems in the heavens will take part in this confusion, not this only, but they will be the cause to a degree by their fighting attitude to one another, and we will see that this condition will increase as time passes on. Fires, accidents, on land and water, and frightful loss of life and property will make this year a gloomy one for multitudes and unrest and confusion between the Nations, but more than ever will Hosts of Master-souls, **Angels** and **Arch Angels** and Illuminated Souls come closer and closer to those who live in the stronger and expressed Divinity and they will be overshadowed by their power and demonstrate it and live in the full radiance of their inner self in the very midst of the tempest.

To the members of the Mystic chain and the Readers of the Star of the East.

My greetings with much peace for the new year:

Since this year is to be one of mental confusion which will cause all kinds of personal and general disasters it shall be our greatest effort to try and help our readers to maintain calmness by cultivating the **will** to regulate the thoughts, and in this wise only can we escape much of the troubles which we become victims to under ordinary conditions.

Man is mind, and it is the power of mind over matter which shall help the race out of the darkness in which it is.

Many of our readers have asked us why we "do not give them higher and regular temple lessons." To this we have answered that such lessons can not be given as long as we can not regulate our lower senses so as not to dwell in the lower vibrations. As long as we allow our mind to recognize sickness, hatred and other similar recognitions we can not have the higher law taught us, because we are not ready for it and it would be more harm than good done to give "**temple lessons**" under such conditions. A large number of our members have not been regular in their concentrations and this is the reason why they have not experienced the power which they would have experienced if they had faithfully lived up to the teachings which we have tried to give as practically and as plain as possible. We shall be dependent upon the power of our **will** during this year, and we earnestly advise our members to try and cultivate it so that it can regulate our thoughts to be upon any subject we wish and as soon as we can do this we will find wonderful power which will bring forth the higher within us. Let us reason with our weaknesses such as

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temper and other emotions.

When we wish to draw to us higher power let us try and direct our **will** and make it hold our thought upon the higher for a few moments again and again, and we will succeed at last and be well paid for our labors. This cultivation we must have sooner or later as it is the dictation of the law of evolution that we advance by this method.

Everything possible will be done to help those who are desirous to live the higher life, and to this end our paper has been, and will be working, and we will take no other subject for our discourses but those that can make the truth clear to our minds and no other lessons will be appearing in it but those which can help us reach the greatest results, and let us say that we must regulate our thoughts so that we master them in order that they do not fly on one subject when we wish them to remain on another. When we can hold our thoughts on that which we wish we will find the higher powers being expressed through us as a natural consequence. We will try to give an outline for each month of the mental confusions as they go on in the heavens and this will help us a great deal.

Our lessons will principally be for the regulation and mastery of thought power. Whether we are this side of the ocean or the other our paper will come regularly all the same hereafter, as we are not responsible for the delays with the papers and lessons for November and December, as this delay is with the printer, also on account of wash-outs and other obstacles, but this we hope to overcome by this month and the paper will come regularly as it has done up to November. The lessons of the "Yoga" school will also be sent as we always send them out as soon as we receive them from print.

Know that by no other means but calmness and mental poise can we save ourselves from pain and all kinds of disasters, but by the **will** used on higher planes we shall triumph over all things, and live in the light in the midst of the darkness which is the hardest to penetrate before the dawn of the new dispensation.

LESSON.

For the regulation of the thought by the **WILL** it is needed that we first select a subject in our mind and afterwards hold our thoughts upon it and as soon as our mind begins to "fly around" we take our thoughts away from it for a moment and again try to hold upon it as long as our thoughts are steady. Let us recognize ourselves souls on **HIGHER** and more beautiful planes, and try to hold our thoughts upon this, breathing deeply from the abdomen, sending the breath forth through the nostrils.

The positions for this concentration should be standing, as we have more **POWER OF WILL** in that position than we have in others.

We will keep this up regular every morning between 6-7, noon 12, evening 9 to 11, from Jan. 7th to Feb. 7th.

What so ever the subject is which we take let us deal with it alone and not many subjects at the same time.

We will hold during this month for **CALMNESS**

obstacles which the confusion during this year will put in our way. Let it be understood that we must not recognize fear or weakness but hold strength and we will attract strength to us.

Position standing, breathing **VERY SLOW** and deep exhaling through the nostrils.

QUESTION BOX.

Q. Why is it that we do not think, or know that we have a physical body during our dreams, and yet we feel that we have a body? Has the soul another body which it uses while we sleep?—**M.**

A. Yes, brother, our souls always find matter or bodies through which to act when it is away from the physical body as it is not confined to one body only, and the fact that we do not think or know of the physical body is that our minds are more on lower things than on higher.

Q. Does all souls sleep after they have past out of the physical body as taught by the "Yoga" teaching?—**Link 1216.**

A. No, sister, all souls do not sleep, but souls who have not unfolded are less active because of unconscious weakness, but there is no total inactivity as in sleep, souls can not sleep, they are conscious to a degree but only in proportion as they have unfolded.

Q. Why is it that we can not remember our dreams?—**Sallie.**

A. Because we do not use our thoughts upon the higher enough to make them attracted to the occurrences while the senses are at rest. The more we cultivate the thought in higher channels the more we elastify the thought cells and the brain becomes responsive to the influence of the soul's activity whether it is in or out of the body. The higher our thoughts are the more all the mental functions who are now deficient will be restored to greater action.

Q. Will traveling be as dangerous on land and water as it has been during the past year?—**Frank.**

A. Yes, brother, more so because of the constant increase of the confusion among the planets. This is the reason why we are so in need of **calmness** by which to countermand the confusion as we have spoken of in the first pages in this paper.

Q. Do you believe that the method of living on other planets are similar to those upon our planet?—**Joe.**

A. No, there could not be the same system neither in a higher or a lower sense of the word because our method is so far above that on many planets, and so very far beneath those on others that in no wise can our life be compared to other stars in our estimation.

Q. Did Christ really perform miracles?—**Josie.**

A. There is nothing miraculous in nature. Christ only demonstrated the power latent in Him, by which He performed wonderful deeds ("magic") and what He did all must do in due time as it is the law that the power in nature must be demonstrated by man.

Q. Why was it that they offered Doves and other animals upon the Altar in the old testament when we are told in our time that it is wrong to kill and eat meat, the Priests themselves killed on high occasions, did they not?—**Seaker.**

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A. Brother, in the time of Aaron the high priest, the people were taught the teaching of Moses, and followed his law, which demands "life for life," but this only demonstrates the lower reasoning, as the higher can not teach to take life and thereby prevent the development of the souls whom uses the bodies whose life is taken.

Q. What is meant by the word "Antichrist?"—**Mabel.**

A. "Antichrist" is the opposite to Christ which means the personal demonstration of the highest principles of the spirit and Antichrist means the life and demonstration of the lower.

Q. How far must one be developed to become an initiate?—**M.**

A. It is hard to give a measure or estimate how far but one thing we must learn before we can become initiates, is to rule our lower selves by the power of the higher, we must overcome the lower propensities, by reason and not allow them to hold us their victims, as long as we do this we are far from being initiates.

Q. Shall we not meet our own in the land of hope after this worldly troubles are over?—**Hanna.**

A. Sister, it will depend upon the unfoldment of the souls whether we shall all meet on the same plane. If one is higher and the other lower in development then we can not meet in the same degree as we go after we leave our bodies where our unfoldment takes us.

Q. Is it not true that we are rewarded for the good we do in this life?—**Ida.**

A. Sister, it will depend upon the motive, if we do good to be talked about as good, then we will not receive much from our deeds. Reward does not mean pay or mutation for what we do, but our reward will be the happiness which we derive from a higher life, and the good we do will be dictated by the higher principles within us and in such case we will never think of reward of any kind as what we do is a natural outgrowth of higher promptings.

Q. Are dreams true?—**Lena.**

A. Yes, sister, because they reflect the soul's experience upon the physical senses while the body sleeps.

LET US SAY A WORD TO THE STUDENTS OF THE BOOK OF PROPHECY.

We would advise all students of this book to take the two highest colors **spiritual** and **soul**, the first guided by moon, and Jupiter, and the second guided by Venus, Jupiter and moon, and lay them in sacred sittings Monday and Wednesday, holding the thoughts upon the expression of the power of the spirit, for in this year there will be wonderful power demonstrated, and I wish to say to all students of this subject not to use this book exclusively for prophecy as that is to ignore their higher meaning, but use them to draw power from them and the mind will become clearer, the thoughts will be lifted higher than before. This book will reveal **grand things** if you ask for it and sit down without having in your mind all the time the prophetic part of it if the latter become an exclusive motive you will find yourself confused both in the laying and in interpretation of it.

Go by your self when there is quietude about

you and let your mind be in intense concentration for more understanding and this year will bring more to you than the last.

NOTICE.

We deeply regret that such delays as we have suffered the two past months should occur, but it is no fault of ours, but alone with the printer, and we will say that as this goes to press we have not yet received the Supplementary lesson for November nor our December Star and we are doing everything we can to hasten both but have not succeeded. We will see to it one way or the other that these delays shall not happen after this month, so let none of our readers be discouraged, as we will make arrangements to prevent it hereafter.

We have books at much reduced prices and we have also our ointment for sale to our students who desires it. It will be stronger this year if such is possible as another ingredient will be added by which to countermand the confusion in the atmosphere. It will undergo a process of 48 hours upon the altar hereafter instead of 24 hours.

Let those who have not as yet re-subscribed do so as we will help you to become stronger in mind and body. Examination blank for the supplementary study will be sent in each lesson instead of in the paper as we intended.

Beloved Readers of the Star, and Members of Our Chain:

By the beginning of the year 1907, your **soul servant, the Editor** of this little paper, will enter upon a higher plane of soul-action, which means more faithful service to you and others than in the past (if such can be), and we shall hereafter be known by the name by which we are identified as a soul in a higher degree of soul expression.

We have meditated, and concentrated hard and faithful, the four last years for this promotion and it has pleased the Brothers to take note of our labors and lift us out of the confusion which has surrounded us both as a soul and body. We will endeavor to live and love everybody as soul alone can love soul, and help more than ever to lift other souls into light.

We renounce everything belonging to us as belonging to our fellowmen; we renounce our name by which the body has been known in the past, "**May E. Stevenson**," although we will have to use it in business affairs as a "**formality**" because we are known by it all over this and other countries, during 18 years of labors for souls, but personally we will ask that all our students and readers of the Star hereafter address us as "**Sister Avabamia**," which means servant chosen, because by that name we can give every one who lives in soul and seeks power more light, and it will help both us and those among whom we labor in a Spiritual way. The blessings which we have received we give to our readers with love and communionship for the future.

Greetings with joy and peace, from your Sister,

AVABAMIA,

Formerly May E. Stevenson, c/o J. T. Warner.